

Connecticut's Division of Autism Spectrum Disorder Services



Ages 21 and Older

Health and Medical Care, and Related Therapeutic Interventions

- ☐ Understand the current diagnostic criteria for Autism Spectrum Disorder
- ☐ Learn about evidenced-based practices and therapies
- ☐ Apply to the Department of Developmental Services Division of Autism Spectrum Services www.ct.gov/dds
- ☐ Explore behavioral supports if necessary
- ☐ Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
- ☐ Develop a system to organize your paperwork

Assistive Technology

- ☐ Learn about assistive technology devices and adaptations
- ☐ Explore financial assistance for assistive technology

Employment

- ☐ Develop employment skills, either paid or volunteer
- ☐ Develop a resume that includes a list of skills and competencies
- ☐ Be aware of the “soft skills” needed for employment (i.e. being able to accept direction, return from breaks on time, dressing appropriately for work)
- ☐ Explore employment services and opportunities
- ☐ Explore volunteer opportunities
- ☐ Make a decision about disclosure of diagnosis

Housing

- ☐ Explore housing options
- ☐ Apply to the local public housing authority Section 8 waiting list
- ☐ Establish credit and monitor credit reports

Life Skills

- ☐ Manage personal hygiene and healthcare needs
- ☐ Understand money management
- ☐ Manage daily living activities (i.e. cooking, cleaning, household maintenance, household safety)

Safety

- ☐ Understand internet and technology safety
- ☐ Understand community and relationship safety

Social and Relationships

- ☐ Learn appropriate social skills
- ☐ Address sexuality and relationships
- ☐ Participation in recreational and leisure activities

Funding for Services and Legal Issues

- ☐ Apply to the Department of Developmental Services Division of Autism Spectrum Services www.ct.gov/dds
- ☐ Understand the difference between Entitlement vs. Eligibility
- ☐ Apply for Social Security benefits www.ssa.gov
- ☐ Apply for Medicaid at your local Department of Social Services office
- ☐ Apply for Care Coordination through Value Options 1-877-552-8247
- ☐ Direct question regarding ASD insurance issues to the Office of the Healthcare Advocate
1-866-466-4446
- ☐ Learn about life planning tools
 - Achieving a Better Life Experience(ABLE) Act
- ☐ Develop a system to organize financial and legal records

Support

- ☐ Network with others at support groups
- ☐ Investigate support groups for adults
- ☐ Identify your support system

Transportation

- ☐ Explore transportation options including public transportation, mobility, and driver's license
- ☐ Obtain a Connecticut Non-Driver Identification Card through the Connecticut Department of Motor Vehicles
- ☐ Apply for all appropriate transportation programs

Advocacy

- ☐ Make a decision about disclosure of diagnosis
- ☐ Learn self-advocacy skills
- ☐ Have an understanding of the Americans with Disabilities Act (ADA)